(((Instructions:

Say the full bolded text. Yes, even the 'According to x' part.

Recite the first clip about Apple Jacks so I can get an approximation of your audio and how you are performing it, before going forward and reading everything else. Emulate how a news reporter reports, plainly, just the facts:

According to the Apple Jacks website, "Start your morning with the sweet delicious taste of apples and cinnamon flavor in every bite. Kellogg's Apple Jacks Cereal is a delicious part of any balanced breakfast. Made with three delicious grains, Apple Jacks provides 15 grams of whole grain per 39 gram serving and is an excellent source of 7 vitamins and minerals.

And then say

"Patty Picked a pack of peppered pickles"

")))

My line: Jason Phippen who works security for the Maharishi International University conversed with me through facebook. I asked, “does anyone at MIU go into silence for long periods of time? Does anyone treat there diseases with TM, or herbal supplements?”

He replied, “MIU is a university. You practice a technique and do your homework. There are some who do try to treat their diseases with just TM but that is not the instruction. As for herbs, some may go that direction too just like at any other university but these are their choices.”

My line: I replied back, “so you personally have observed this as of late? Has there been any facility meetings saying this is a problem. or any faculty saying we should do something?”

Jason said, “Tell me why we should tell someone how to live their lives. Isn’t that a bit cultish?

My line: I asked, “has anyone got hurt treating there disease with alternative medicine that you know of?”

Jason replied, “At the university? No.”

My line: I asked,“any place else?”

“I don’t keep track of other places.”

My line: “has any one had adverse effects to tm”

Dude I get it. You’re trying to find fault. Keep digging. Maybe someday you’ll find the truth instead of rumors

Maharishi says. “Give a starving man meditation and he will no longer worry about bread, and will be happy.”

Maharishi says: “The answer to every problem is that there is no problem. Let a man perceive this truth and he is without problems.”

Jerry Seinfeld speaks highly of Scientology, “They have a lot of very good technology. That's what really appealed to me about it. It's not faith-based. It's all technology.”

MAHARISHI SAYS!!! “Let us now, however, consider the failure of modern psychology to live up to its purpose. Let us not dwell on the slow progress of the development of the science of psychology, and let us not remark that the science of psychology is yet in its infant state of development. Let us be more constructive and bring to

modern psychology the key to its long-cherished aim to glorify man's life in all fields of existence."

The Transcendental Meditation Program promises that it will change your quality of life "from poverty, emptiness, and suffering to abundance, fulfillment, and happiness."

According to Steven Hassan, "beginner sessions are sometimes free or cheap. But programs get more expensive. TM employs a pyramid like structure charging more and more as the person strives to become more enlightened. Doctor Steven Hassan has compared TM's programs to Scientology's Bridge to Total Freedom.

According to cult expert Rick Allen Ross, "it seems that Maharishi may have the dubious distinction of being the most successful purported cult leader of the 20th century."

According to renowned physicist Peter Woit, "virtually every theoretical physicist in the world rejects all of this as nonsense, and the work of a crackpot."

According to sociologist Rodney Stark and Williamson's Bainbridge, “TM’s Science of Creative Intelligence is laced with parables and metaphysical postulates rather than anything that could be recognized as conventional science.”

There's a phrase often repeated. Maharishi says “the elephant has two sets of teeth.”

According to a WikiLeaks memo on how Transcendental Meditation operates, “When you are dealing with someone you give as little info as possible. You don't want to open new doors for people to ask questions. Just answer the questions they have asked.”

Maharishi says “Every thought, as has every spoken word, has some influence on the thinker and on his surroundings. Just as a stone thrown into a pond produces waves that reach all the extremities of the pond, any thought, word or action produces waves in the atmosphere, and these waves travel in all directions and strike against everything in the atmosphere. They produce some influence in every level of

creation. The <u>whole universe is influenced by every thought, word, and action</u> of every individual.""

Maharishi says "for our practice we select only the suitable mantras of personal gods. Such mantras fetched to us, the grace of personal gods and make us happier in every walk of life"

According to survivor Joseph Kellett, "there's no innocence about your experiences during TM.
You were told before learning TM, exactly what your experience was supposed to be."

Maharishi says, "Speak the sweet truth."

Transcendental Meditation uses a translation of the Bhagavad Gita. That states, "never entertain negativity, never denounce anyone." This is bullshit. The real passage reads "May what's been studied by us be filled with brilliance, of understanding, leading to knowledge. May it

not give rise to hostility due to lack of understanding, OM peace, peace, peace."

This is different. From "never entertain negativity. Never denounce anyone."

Once enlightened Vivekananda stated, "That each soul is potentially divine. The goal is to manifest this divinity by controlling nature, external, and internal."

Maharishi often cited the Yoga Sutras, stating, "That through vicinity of yoga hostile tendencies are eliminated."

Adherents are instructed to say over and over, and over, and over every 15 seconds, "relationship of body and Akasha lightness of cotton fiber",

Robert J Lifton says one of the criteria of a totalistic environment, “Promotes specific patterns of behavior and emotion in such a way to have arisen spontaneously from within the environment while it's actually been orchestrated.”

According to Robert J Lifton, “The pattern of doctrine over person occurs when there is a conflict between what one feels one experiencing and what the doctrine or ideology says one should experience.”

Maharishi speaks of the process in which a person becomes enlightened like washing a cloth in dye. “If you dip a white cloth and yellow dye, it doesn't immediately turn yellow. So, coloring the mind, and fading it, and coloring, and fading, meditation, and action. This is a procedure where stabilizing the unbounded awareness of the level of conscious mind, and once it's done, it's done forever... the color will never fade.

According to survivor Joseph Kellett, “it's common for people to do rounding. “Rounding involves alternating periods of "meditation" with periods of doing the stretching exercises (called "asanas") that most of us think of as "yoga." For example, in the morning you may induce trance ("meditate"), then do some "yoga asanas", and then induce trance again. That would be "two rounds." Then you would go to a lecture which introduces TM dogma that is a bit more advanced then what you have been taught already. Then you go to lunch, and then to another dogma lecture. Then perhaps you do two more "rounds" in the afternoon. Then another lecture, then dinner, then another lecture, and then off to bed.

According to Doctor Steven Hassan in combating Cult mind control, "People indoctrinated to perform excessive (hours-long) meditation or chanting techniques daily can become psychologically and physiologically addicted to the mind control technique. Such mind-stilling generates strong releases of brain chemicals which cause not only a dissociated mental state but also a "high" similar to that created by illegal drugs. Some former members who have used these techniques for several years report a wide variety of deleterious side effects, including severe headaches, involuntary muscle spasms, and diminution of cognitive faculties like memory, concentration, and decision making ability."

Michael Persinger states individuals who practice TM frequently report experiences that are reminiscent of complex partial seizures. Sustained practice of TM can lead to enduring neurophysiological disorders. Such adverse side effects include sensory hallucinations, profound emotional states, and altered perceptions of reality.

Arnold Lazarus chronicles a serious suicide attempt in his paper on Transcendental Meditation in 1974. He says this is not a panacea. In fact, when used indiscriminately, there are clinical indications that the procedure can precipitate serious psychiatric problems. Depression, agitation and even schizophrenic decompensation.

According to survivor Mike Downey, since 1981 "a full 92% of research on the TM website names at least one author with a known formal relationship with TM. He alleges that if TM finds any benefit, researchers are quick to look at TM as the cause rather than any other sort of outliar."

In the opinion of cult interventionist and TM survivor Joseph Kellett, "..some of the group will actually fall for this indoctrination. Why? One reason is that an appreciable number of people are not only susceptible to suggestion about what they should experience *in* a trance, they are also much more likely to uncritically accept and believe what they are told immediately *after* a trance such as the "group meditation." In these people, trance greatly enhances suggestibility!

Not everyone is susceptible enough to post-trance indoctrination to swallow this dogma whole. But you don't

actually have to swallow it *whole*, you just have to swallow it enough to take the *next bite*"

Maharishi says, " You see, to meditate and transcend... is one way of achieving Cosmic Consciousness. The path of surrender is another way. The path of surrender starts by tuning the mind with the mind of the Master. Tuning the mind with the mind of the Master means: Whatever he likes, I begin to like. I begin to forgo my liking. If he wants me to go that way, I go that way, and having gone halfway, if he wants me to turn, I turn, and again he wants me to go that way, I go that way. If he wants to return I return. Nothing of my will, everything [is] His will."

Bobby Roth did speak on the organization's stance on medicine, saying "do whatever your doctor tells you if they want to come off medicine, we say do whatever your doctor advises. We don't advise medically"

An internal WikiLeaks memo contradicts Bob Roth stating, "We are not going to take help from medical doctors as medical professionals give poison. So don't engage any medical doctors for anything, absolutely whatever it is, even if they're in our movement family."

JAMA or the Journal of American Medical Association found that

“20% of around 200 aryuvedic supplements tested contained detectable traces of arsenic, mercury, and lead. A 2015 study of users in the United States found elevated blood lead levels in 40% of those tested.”

Kay Dreil, who was once a part of Transcendental Meditation, said “that students were told not to take schizophrenia medications. This led to mental breakdowns.”

According to Shuvender Sem, “a doctor prescribed me what he called Aryuvedic treatment. As a Hindu I was already familiar with it, according to the TM doctor, the symptoms were the manifested stress in my mind and body, and I needed to calm myself down.”

Vonnegut questioned this so-called guru. “What's your feelings about civil rights?” The Maharishi replied. “What are they?”

Vonnegut writes, “civil rights were explained to him in terms of black people. People who, because they were black, couldn't get nice houses, or good educations, or jobs. Maharishi replied that any oppressed person could rise by practicing Transcendental Meditation. He would automatically do his job better and the economy would pay him more.

Kurt Vonnegut continues, “that the Maharishi hadn't wafted him to India in his meditation, rather,” Vonnegut said that, “he sent me back to New York, where I used to be a public relations man years, and years ago. That was where I heard other euphoric men talk of the human condition in terms of switches and radios and the fairness of the marketplace. They too thought it was ridiculous for people to be unhappy.”

Vonnegut, frustrated by the whole ordeal, shouted to the nearest crucifix. “You know why you're up there? It's your own fault. You should have practiced Transcendental Meditation, which is easy as pie. You would also have been a better carpenter.”

David Lynch said, “I met the Maharishi first time face to face in 1975 in Los Angeles. It was the *Spiritual Regeneration Movement* in LA where I started meditating. Maharishi came to that center and it was his last visit and I was there that night with three, or 400 people. My friend had gotten a bunch of flowers to present to the Maharishi and I handed him my flowers. And for the briefest of moments, our eyes met, and when the Maharishi looks into your eyes and he looks into your eyes.. Well... it's an incredible, incredible moment.”

In 1970 George Harrison said, “It's probably in the history books that Maharishi 'tried to attack Mia Farrow'—but it's total bullshit.”

Maharishi says: “There is no place, and will never be a place for the weak. The strong one will lead and if the weak one does not wish to follow then there will be no place for him. Where light dominates is no place for darkness. There's no room in the Age of Enlightenment for ignorant people. The ignorant will become enlightened by a few of these already enlightened. Nature will not allow ignorance to survive. She cannot. The non survival of the weak has always been the law or axiom of nature”

Maharishi says, “Demise of democracy, will be a sign of rising coherence in world consciousness, specifically the demise of democratic systems of administration, particularly in India, the world's largest democracy, damn democracy, Maharishi said. It's a waste of time. It's a waste of energy. It’s waste of hope. It's the greatest crime against the life of a country.”

According to the global country of World Peace, "The domain of the Global Country of World Peace is CONSCIOUSNESS—the prime mover of life—the ground state of Natural Law, the field of all possibilities. The Global Country of World Peace is a non-political, non-religious global organization and does not usurp any of the functions of existing governments, nor does it replace them in any way.

The Global Country of World Peace takes a parental role towards every government. It will support and nourish the ideal for which all governments are structured—the maintenance of well-being and progress throughout society. The sole purpose of the Global Country of World Peace is to enliven consciousness, the field of all possibilities, and to create a time for the world family that is free from struggle and suffering and in which every individual will be enlightened, spontaneously functioning in accordance with all the Laws of Nature. On this basis, people will not make mistakes in daily life and every level of government will enjoy automation and administration. Problem Free administration for ultimate progress and achievement."

David Lynch says in his Book Catching the Big Fish. “Transcendental Meditation itself is not a religion, it's not against any religion. It's not against anything.”

David Lynch says in his Book Catching the Big Fish. “the thing about transcendental meditation is that you become more and more you.”

According to Maharishi “the city of Ayodhya is the capital of Raja Ram on Earth.”

According to NPR, “India's constitution defines it as a secular republic, but Modi and his BJP have sought to transform the country into a Hindu nation with special rights for members of its majority faith. In recent years, minority Muslims have increasingly become victims of hate crimes and lynchings.”

Maharishi says, “Demise of democracy will be a sign of rising coherence in world consciousness.”

“It’s a culture of fear and intimidation, according to the human rights and Opportunities Board of Connecticut,” Dalio denies this. His associate, John Cassidy, says “the word cult clearly has connotations that don't apply. They can quit at any moment.”

In 2014, Rika Basu from the Des Moines Registry questioned Bill Goldstein, Dean of the Global Country of World Peace, about the monk's freedoms. Why aren't the pandits allowed out, Basu asked Goldstein. "They're not coming here to be tourists, to see New York or socialize," was his reply. If they need something, "they tell us and we will take care of it. We have a medical facility."

"It is a form of confinement," he acknowledged when pressed. "It is a form of taking away their freedom, and you balance that. Maybe in America, that's the pre-eminent issue. For the pandits, my experience is that's not so important. They want to be with their brothers."

Hi India, A chicago-based Indian community newspaper reported “that 1,050 monks were brought to Fairfield. 163 had gone missing in 2013,”

According to reporting by the Business Standard. “No missing person reports has ever been filed by the global country of World Peace.” .

According to HiIndia, “the owner of the property, Pultor Roy and Guru Chand lied to the press and police about Ajit Pandey, that he was just a friend, that he was volunteering in exchange for a place to sleep.”

Acccording to associate professor of MIU, Thomas Egenes translation of the Upanishads “We are like the spider. We weave our life and then move along in it. We are like the dreamer who dreams and then lives inside the dream.”

According to the Illustrated Weekly of India, “the TM organization planned the park center piece to be a pink pavilion that would levitate 15 or 20 feet above a lake, supported simply by water, as well as a ride on celestial chariot similar to Indra's fabled carriage. The carriage would have eleven horses and have the capacity to carry 120

people at a time. Yogic powers would eventually cause the chariot to grow smaller, and smaller, as it would fly through Veda Land, eventually landing on a rose petal and transporting its passengers deeper and deeper into the finer levels of reality."

According to Doctor Heinz Pagels, who was the executive director of the New York Academy of science as well as the inspiration for Jeff Goldblum's character in Jurrassic Park. "TM's recent ideas of theoretical physics are false and profoundly misleading. No qualified physicist that I know would claim to have such a connection without knowingly committing fraud."

According to Evan Fowls and Barry Makofsky at the University of Iowa, "the Maharishi Effect, which is what they call this, is ill constructed and not compelling in views of prior knowledge. The evidence offered is not impressive. And mundane alternative hypotheses offer plausible explanations for the findings. Only if its data were above suspicion and no alternative explanations were known would the Maharishi effect theory warrant any significant confidence in its truth. It's only by acquiring evidence of

sufficient. Quality and quantity rendering any thought of its rejection irrational that the heterodox theory ultimately can triumph.”

According to TMer Rod Richards, "Levitation is a very private ’thing’."

Maharishi says ” The making of the offerings enriches the active atmosphere with the bliss of silence, and enlivens the quietness of the area into sublime and blissful activity.”

In the opinion of Michael Persinger, "TM displays creeds of strict religious following, a persistent search for “the new man,” a charismatic leader, an emphasis upon group conformity, and a pantheistic fusion of god, religion, and mysticism”

According to Dana Sawyer, "By early 1971, Maharishi's Advaita Vedanta message had morphed into the Science of Creative Intelligence (SCI). When speaking about the eternal, unchanging Brahman at the root of all existence, teachers were instructed to no longer use the term Absolute

Being; instead, it was Pure Creative Intelligence. Spiritually loaded terms such as Divine Consciousness, used so often by Maharishi in his Bhagavad Gita commentary, were dropped, and "transcendental consciousness" or "pure consciousness" became the exclusive terms for that state of being. Years earlier, Maharishi had abandoned talk of samskaras, the mental impressions from past lives that dictate our present behavior, preferring to characterize them as "stress" from several preliminary studies on meditators.

According to the Harvard Business Review study by Dr Herbert Benson titled *Your Innate Asset for Combatting Stress.* Dr. Benson (a non-meditator) used 80 subjects, and found no difference in the physiological correlatatuib of stress reduction between the practice of TM and five other 'relaxation response' techniques, such as autogenic training, progressive relaxation, Zen meditation, hypnosis, and yoga. Meaning Transcendental Meditation as a meditation technique, not a billion dollar organization is wonderful, but not unique.